



**Hudson Youth Substance Abuse Prevention Coalition**

**Meeting Minutes**

**Wednesday, May 7, 2014**

**8:00 – 9:00 AM**

Hudson High School

69 Brigham St.

Hudson, MA 01749

**I. Call to Order**

- a. **Meeting convened:** Wednesday, May 7, 2014 at 8:00 AM.
- b. **Coordinators present:** Katelyn, Flaherty, Michael O'Brien
- c. **Coalition partners present:** Ellen Capstick, Mike Correa, Jamie Gravelle, Jenny Gormley, Linda Hardy, Kelleen Loewen, Kevin Lyons, Dan McAnespie, Joan Simoneau, Lee Waingortin, Sam Wong.

**II. Hudson Youth Substance Abuse Prevention (Hudson YSAP) Action Plan**

- a. Coalition members reviewed the Hudson YSAP Action Plan, which outlines strategies related to community engagement, environmental changes, and school-based programs. The action plan includes activities, objectives, and next steps for each of the strategies outlined above.
- b. A more detailed plan with outcomes achieved to date and responsible partner(s) will be distributed with meeting minutes.
- c. Katelyn asked coalition members to brainstorm and share ideas that could be included as next steps in the action plan.
  - i. Linda Hardy mentioned the importance of fostering mentor relationships between youth and interested community members such as senior citizens as well as the positive impact a field trip to a police station had on her own daughter. The coordination team will research the mentoring program in Bolton, MA, as recommended by Linda.
  - ii. Joan Simoneau suggested inviting speakers from the Addiction Referral Center (ARC) to speak to and connect with youth in the community. Resources for youth can also be provided by Al-Anon, which has a center in Westborough, MA.
  - iii. Denise Reid stated that she supports efforts that continue to educate and support parents and guardians dealing with the transition from middle to high school. Coalition members agreed that information on the Hudson YSAP Coalition should be available on information night for 7<sup>th</sup> grade parents and guardians. Superintendent Lyons reported that this night is well attended and provides an opportunity for parents and guardians to receive resources on the transition from middle to high school.

- iv. Mike Correa recommended inviting former Hudson High School students who have struggled with substance abuse to speak to students, especially those at Quinn Middle School. In an effort to build off of the Peer Leadership Program, Mike also suggested that Hudson High School students speak to Quinn students during art portfolio day to raise awareness of healthy behaviors and ways to manage stress.
- v. Kelleen Loewen discussed the importance of connecting students with supportive services, especially after events such as the Chris Herren assembly. Dan McAnespie shared that students were connected with school guidance counselors after the April Chris Herren event and that the same will happen during the December presentation. Coalition members agreed that a more formal announcement should be given at the end of the December assembly to let students know school guidance counselors are available should a student want support or to talk with a counselor.
- vi. Coalition members agreed that the initiative should continue to support efforts that link parents/guardians with available resources in the community.

### **III. Upcoming Hudson YSAP Activities**

- a. Community Conversations: A Town Hall Meeting on Underage Drinking
  - i. Every two years, the Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors national Town Hall Meetings to educate communities about underage drinking and ways to mobilize them around its prevention. The goal of these meetings is to help communities transition from general awareness to evidence-based action plans.
  - ii. Hudson YSAP will host its first Town Hall Meeting on Wednesday, May 21, 2014 from 7:00-8:30 PM in the 2nd Floor Auditorium of Hudson Town Hall in partnership with Hudson High School Students Against Destructive Decisions and advisor Tammy Murphy, HHS Guidance Counselor. Community members will serve on the panel while Hudson youth ask questions related to substance abuse and community prevention efforts.
    - 1. Panel members will include: Courtney Cray, Officer Roger Downing, Jamie Gravelle, and Sam Wong.
    - 2. Coalition members are interested in asking a graduate of Hudson High School to serve on the panel, especially one that has struggled with substance abuse in the past.
  - iii. Youth Workgroup members have drafted questions to ask panel members and will continue to meet to finalize this content. The questions cover topics such as the number of Hudson Public School students who reported drinking alcohol on the MetroWest Adolescent Health Survey, the number of underage drinking incidents handled by Hudson Police Department annually, and the legal consequences for parents/guardians that choose to host social events that include underage drinking.
  - iv. The coordination team reminded coalition members that the event is open to the public and children are encouraged to attend. In an effort to raise awareness of the event, the coordination team will e-mail the event flyer to Denise Carter to be included in the Round Robin.

- b. Hudson Community Fest
  - i. The 28<sup>th</sup> Annual Hudson Community Fest will be held on Saturday, June 7, 2014, from 9:00 – 3:30 p.m. on Main Street in downtown Hudson.
  - ii. The Hudson YSAP Coalition will host a booth along with the Town of Hudson Board of Health. Hudson YSAP Youth Workgroup partners will volunteer at the event to raise awareness of the coalition and collect signatures from community members interested in learning more and/or attending a future coalition meeting.
- c. Parent Workgroup
  - i. Katelyn highlighted the importance of providing outreach to parents/guardians at their places of work in order to raise awareness of youth substance abuse prevention efforts. Parents and guardians will have the opportunity to host meetings at the location of their choice to engage family and friends in awareness and prevention initiatives.

#### **IV. Next Meeting**

- a. The next coalition meeting is tentatively scheduled for early August 2014.
- b. The coordination team will send out a reminder e-mail with the meeting agenda as we move closer to the meeting date.